

— EDEN — GEOGRAPHIC

WELLNESS JOURNEYS

Embark on transformative wellness experiences across pristine shores. Whether seeking gentle rejuvenation in the Caribbean or complete metamorphosis in the Maldives, discover your path to profound wellbeing.

MEDITERRANEAN MOMENTS

Explore Europe's most enchanting islands, where crystalline waters meet ancient cultures. From Ibizan sunsets to Cretan coves, savour barefoot luxury and timeless sophistication.

BOLD ADVENTURES

From Asia's ancient temples to Patagonia's prominent peaks, uncover life-changing journeys that are sure to challenge and inspire, soaking up untamed wilderness, dramatic landscapes and extraordinary cultures across Earth's most remarkable frontiers.

THE DIRECTORS' CUT

Join EDEN Travel Director Tara Lloyd as she unveils Mexico's hidden treasures, from colonial gem San Miguel de Allende to the magical Mayan coast: a Mexico far beyond the expected – where luxury meets authenticity at every turn.



WELCOME

Whilst others chase the ephemeral, we invite you to discover the eternal. This season, EDEN is excited to present our definitive guide to transformative travel – where luxury transcends threadcounts and infinity pools (though we do adore those too).

From Mediterranean hideaways worthy of witness protection to Maldivian wellness temples that would make Gwyneth Paltrow weep, each destination has been meticulously vetted by our impossibly well-travelled team.

Bold adventures beckon those seeking unexplored horizons, where ancient kingdoms blend seamlessly with refined travel. And, in *The Directors' Cut*, Travel Director Tara Lloyd takes you backstage in Mexico, where timeless charm meets paradise on the Pacific.

INSIDE THIS ISSUE

WELLNESS JOURNEYS From JOALI BEING's otherworldly transformations to Jamaica Inn's gentle embrace, our revolutionary three-tier 'road to wellness' charts a course through luxury healing. Consider it your definitive guide to the art of elevated wellbeing.

MEDITERRANEAN MOMENTS Discover where the cognoscenti summer when Capri becomes insufferable. 7Pines Resort Ibiza leads this parade of European excellence, whilst Elounda Gulf Villas proves that Greek chic never fades.

BOLD ADVENTURES If you find Mustique mundane and Bali a bore, this feature chronicles bolder territories, from Asia's ancient realms to South America's dramatic landscapes and cultural wonders (all without sacrificing creature comforts).

THE DIRECTORS' CUT Join EDEN Travel Director Tara Lloyd as she unveils Mexico's hidden treasures – from colonial gem San Miguel de Allende to the magical Mayan coast – and reveals a Mexico far beyond the expected.

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WELLNESS JOURNEYS

The pursuit of wellbeing transcends mere pampering, with today's sanctuaries offering transformative experiences that resonate long after your tan fades.

Our three-tier guide to Ultimate, Core and Essential Wellness maps the spectrum of modern approaches, from gentle beachside beginners' therapies to the most progressive metamorphic programmes. Each level represents a distinct pathway, allowing you to align your health ambitions with your ideal destination.

ULTIMATE WELLNESS

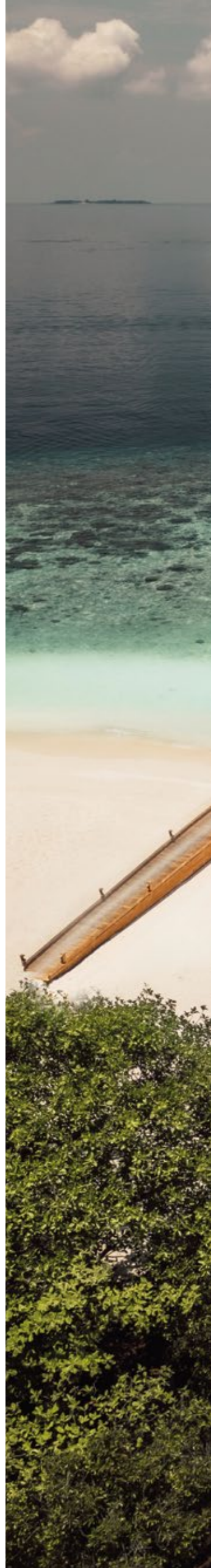
Revolutionary destinations where cutting-edge science meets ancient wisdom. Resorts like JOALI BEING provide profound personal renewal through biohacking, advanced diagnostics and regenerative therapies with medical-grade facilities and leading practitioners.

CORE WELLNESS

Structured programmes blending classic rituals with contemporary techniques. Properties like Curtain Bluff fuse therapeutic excellence with luxury hospitality and feature comprehensive spa facilities, targeted treatments and customised fitness regimes.

ESSENTIAL WELLNESS

Entry-level wellbeing offering foundational experiences: think beachfront yoga, basic spa methodologies and gentle fitness activities. Caribbean properties like Jamaica Inn exemplify this through natural healing environments and stress-free atmospheres.



An aerial photograph of a tropical island resort. In the foreground, a wooden walkway curves along a white sandy beach lined with tall palm trees. A small swimming pool is visible near the bottom left. In the middle ground, several overwater bungalows with thatched roofs are connected by a wooden bridge. The water is clear and turquoise, leading to a larger island with more buildings in the distance under a blue sky with light clouds.

ULTIMATE WELLNESS

JOALI BEING MALDIVES

This immersive isle of wellbeing in Raa Atoll harmonises science with ancient wisdom to craft life-enriching journeys through the Four Pillars of JOALI BEING – Mind, Skin, Microbiome and Energy. Revolutionary facilities blend seamlessly into nature, from The Discover Sound Path hidden in tropical gardens to meditation pods suspended over water. An ‘Earth-to-Table’ culinary initiative develops dishes that support individual health goals through microbiome-enhancing ingredients. And personalised programmes integrate advanced diagnostic testing with treatments like vibrational healing, mindful movement, hydrotherapy circuits, biohacking and herbology, all guided by resident naturopaths and nutritionists.

ULTIMATE WELLNESS

FOUR SEASONS RESORT LANDAA GIRAAVARU

MALDIVES

Reset your awareness and embark on a new path to health, harmony and happiness at AyurMa –a comprehensive enclave of equilibrium, where the emphasis is on loving the Earth as you love yourself. Complemented by the four pillars of Ayurveda, Planetary Wellbeing, Yoga Therapy and Wellness, advanced PraMā screening assessments, including biomarker testing and oligoscans, uncover detailed insights to guide personal recommendations. Pioneering practices range from dosha-specific methods to detoxifying mud rituals under banyan trees, AntiGravity® Yoga in a jungle pavilion to Moondrop Therapy to align chakras beneath starlit skies. And it's all delivered by a multi-award-winning, powerhouse team of Ayurvedic Doctors, Naturopaths and Yoga Therapists.





ULTIMATE WELLNESS

SIX SENSES LAAMU MALDIVES

Deep wellness expertise meets sustainable luxury in the remote, palm-fringed paradise of Laamu Atoll. Advanced biometric screenings using smart technology to measure your inner health, movement and sleep patterns ensure the experts can develop therapies, activities and nutritional advice based on your own specific needs. High-tech, traditional and locally inspired practices unfold in uniquely designed treatment nests. The surrounding lagoon provides an idyllic backdrop for therapeutic ocean, meditation, movement and mind-focused activities. And a pioneering sleep programme offers in-depth sleep mapping and circadian assessments to improve sleep patterns, restore energy levels, de-stress, feel better equipped to face daily challenges, or pave the way to a healthier, happier life.



SIX SENSES KANUHURA MALDIVES

From the food you eat to the way you sleep and the earth beneath your feet, innovative health approaches are integrated into your whole experience at Six Senses Kanuhura. Anchored in the pristine Lhaviyani Atoll, the spa here combines progressive biohacking with novel recovery technologies across treatment pavilions and dedicated performance spaces. A comprehensive approach spans contemporary offerings like compression therapy, sleep enhancement and neuromuscular electrical stimulation, while expert specialists and practitioners guide transformative programmes enhanced by the island's natural rhythms – from hydrotherapy sessions, breathwork, nutrition coaching, detoxification, female wellness, sound healing and sunrise yoga on powder-soft beaches.

ULTIMATE WELLNESS





SIX SENSES LA SAGESSE GRENADA

Authentic Caribbean island healing customs meet next-generation wellness throughout Six Senses La Sagesse's unique sensory spa experience, which artfully weaves Grenada's aromatic heritage – cinnamon, nutmeg and indigenous botanicals – with high-tech biohacking and high-touch therapies. In the Sensory Suites, restorative treatments like the Journey to Repose combine vibroacoustic therapy with crystal work, while the interactive Alchemy Bar invites guests to craft bespoke botanical remedies. The signature three-hour Caribbean Cleansing Ritual embraces local elements through intention-based painting, virgin coconut oil massage and organic chocolate tastings, and the Biohacking Recovery Lounge features targeted therapies like infrared healing and intermittent hypoxic training – all enveloped in the calming scents of palo santo and native spices.



ULTIMATE WELLNESS

ATLANTIS, THE PALM DUBAI

Rising dramatically from Dubai's iconic Palm Jumeirah, Atlantis The Palm's AWAKEN Wellness creates an inclusive haven for holistic transformation. At its heart, the AWAKEN Spa combines traditional therapies with modern innovation, featuring signature treatments like HydraFacial MD® and exclusive Augustinus Bader protocols, all delivered by Reiki-certified therapists trained in spatial medicine. The comprehensive wellness journey extends beyond the spa's hydrotherapy pools and snow fountain to unique experiences like Underwater Yoga in The Lost Chambers Aquarium. Family wellness takes centre stage with dedicated teen programmes and specialised practices, while the AEON Clinic further elevates the offering with regenerative medicine and advanced aesthetics, including Ozone Therapy, Face Art by Dr. Khan, IV Vitamin Drips and Stem Cell Therapy.



ATLANTIS THE ROYAL DUBAI

Celestial luxury meets revolutionary wellness at Atlantis The Royal's AWAKEN sanctuary, where precious ingredients like 24-karat gold and meteorite crystals enhance sophisticated treatments high above the Arabian Gulf. The exclusive Elements Retreat unveils an extraordinary sequence of sensory discoveries: from the Halotherapy Salt Cave and Alchemy Shower to meditative gardens and an opulent hammam sensorium featuring The Royal Sensorium and Golden Goddess hammam experiences. Premium partnerships with Dr Barbara Sturm, 111SKIN, and AMRA deliver next-generation skincare science, while the AWAKEN A-List offers curated massages and energy therapies. From micro moments – like the Instant Glow Facial – to immersive macro moments for a luxurious 'wellcation', each experience is elevated by a four-elements philosophy that balances mind, body, emotion and spirit.

CORE WELLNESS

JUMEIRAH OLHAHALI ISLAND MALDIVES

A serene overwater spa and fitness centre offering individual consultations, radiant rejuvenation and tailored programmes to help jump-start your wellbeing routine. Inspired by the island's natural beauty, every experience has been designed to restore balance and promote harmony between mind, body and spirit. Savour the soothing body wraps, invigorating exfoliations, Maldivian massages and revitalising facials that incorporate the purest indigenous ingredients – from calming herbs to ocean-inspired indulgences. Personalised journeys – like Wholeness (five hours), Purity (seven hours) and Radiance (10 hours) can be taken at your own pace. Signature rituals like the Moonlit Sandbank Couples' Massage will transport you to a world of intimacy and tranquillity. And resident trainer, Lakshmi, is on hand to guide you through customised yoga, fitness and wellness pursuits.



CORE WELLNESS





FOUR SEASONS RESORT KUDA HURAA MALDIVES

Accessed by a scenic dhoni ride across the lagoon, the Island Spa, the first Maldivian spa set on its own isle, is a truly transcendent escape. With its all-natural 'Healing Waters' menu, the spa introduces an interesting treatment concept: Deep, Deeper, and Deepest – marine-based OSEA therapies that restore guests' primal connection to the sea, from quick yet effective sessions to immersive experiences designed to enhance physical, mental and emotional wellbeing. The Night Spa's 'Secrets of the Sea' ritual – performed on a treetop terrace under a blanket of stars – focuses on the vagus nerve; while yoga classes at the water's-edge pavilion and SUP Yoga build strength and inner calm. Even kids are pampered with Kuda Spa therapies: six natural, island-inspired treatments devised for young bodies and minds.

CORE WELLNESS



HUVAFEN FUSHI MALDIVES

Eight metres beneath the waves lies the world's first subaquatic spa – Huvafen Fushi's ethereal refuge for body and soul. Glass-walled treatment rooms offer mesmerising reef views during transcendent, uniquely choreographed signature experiences like the Underwater Dream and Underwater Rendezvous, which seamlessly blend the serenity of the extraordinary surroundings with bio-rhythm optimisation and marine sound therapy. Pioneered by massage luminary Beata Aleksandrowicz, expert practitioners craft personalised journeys incorporating underwater yoga, bioluminescence meditation and targeted sleep enhancement for profound connections between ocean depths and personal wellbeing. Above the timeless ripples of the North Malé Atoll, there's traditional Indian Hatha Yoga, an overwater gym and spa pavilions ready to bring you back into balance with the elements through massages, facials and full-body therapies.



An aerial photograph of a tropical resort in the Maldives. The image shows a long, curved pier extending into the turquoise ocean, lined with numerous overwater bungalows. The water transitions from a shallow, light turquoise near the beach to a deep, dark blue further out. In the foreground, a white sandy beach is visible, with a row of palm trees and resort buildings. The sky is a clear, bright blue with a few wispy clouds.

CORE WELLNESS

JOALI MALDIVES MALDIVES

A wonderland of creativity, indulgence and adventure, JOALI Maldives – the archipelago’s first and only art-immersive resort – is the more playful sibling to wellness-guided oasis, JOALI BEING. With expertly crafted treatments and a curated line of products, this ‘Island of Joy’ also advocates JOALI BEING’s unique ‘Joy of Weightlessness’ philosophy. Specialised massages, beauty regimens and wellbeing journeys are complemented by Visiting Practitioners’ therapies and fitness programmes. Signature pleasures like the 24K Gold Age-Defying Facial blend marma energy work with potent botanical actives, targeting physical and emotional landscapes through meticulously crafted experiences, from Himalayan crystal salt exfoliations to bespoke detox rituals.



SHANGRI-LA LE TOUESSROK MAURITIUS

With its 'Sense of Place' philosophy and lusciously secluded location, Chi, The Spa draws inspiration from the legendary Shangri-La sanctuary, cleverly weaving together time-honoured Asian healing arts with advanced therapeutic techniques and Mauritius' rich botanical heritage. Signature indulgences range from the Seven Essences of Chamarel – a comprehensive ritual celebrating the island's natural secrets using native coconut, sugar cane and aloe vera – to ultra-modern ICOONE® laser technology that provides non-invasive body and facial rejuvenation. From Ayurvedic therapies and Thai massage to cutting-edge skin diagnostics by Biologique Recherche, tailored programmes for kids and teens, specialised fitness facilities and expert-led sunrise yoga classes and meditation sessions, Chi offers a holistic wellness ecosystem that transcends the conventional spa paradigm.

CORE WELLNESS



An aerial photograph of a tropical beach. The foreground shows a wide, sandy beach with numerous palm trees and rows of thatched umbrellas. The beach curves along a clear, turquoise lagoon. In the background, there are green islands and a distant shoreline with buildings and mountains under a blue sky with light clouds.

ONE&ONLY LE SAINT GÉRAN MAURITIUS

Revolutionary wellness meets Indian Ocean elegance on Mauritius' pristine Belle Mare peninsula, where this much-loved resort elevates wellness to an art form. The island's only Guerlain Spa delivers a bespoke collection of highly personalised, transformative treatments, curated for the resort by Guerlain's Beauty Experts. Wellness journeys flow from sunrise lagoon paddle-boarding, beachside yoga and meditation to three exclusive rituals – Tropical Healing (an homage to the island's natural energy), Eau Bleue (a multisensory treatment that harnesses the healing energy of its waterfalls) and Stone Prelude (a 15-minute, locally inspired foot ritual) – while the vibrant ClubOne serves up a full schedule of sports, fitness and dance classes.

ESSENTIAL WELLNESS

CURTAIN BLUFF ANTIGUA

Perfect for those seeking entry-level wellness in a stress-free environment, The Spa at Curtain Bluff coaxes visitors from life's blink-and-you'll-miss-it pace into a tranquil and enchanting clifftop setting that harnesses Caribbean healing traditions. Signature treatments like the superb Caviar and Champagne massage – warm oils followed by effervescent bubbles – are paired with gentle fitness options and beachfront yoga. More conventional therapies and massage techniques – Swedish, Shiatsu and deep-tissue – are elevated with local touches, from the West Indian head massage to herbal aromatherapy wraps; while the couples' suite, complete with private terrace and panoramic ocean views, is perfect for the 'Couple's Day Away' package featuring side-by-side rituals in the lap of luxury.



ESSENTIAL WELLNESS

FAIRMONT ROYAL PAVILION BARBADOS

Bringing the serenity of the spa directly to the comfort of your own oceanfront room or suite, the healing hands of expert ITEC-certified therapists have an outstanding range of holistic therapies with an emphasis on personalised healing – from aromatherapy sessions tailored with custom-blended essential oils to the signature ‘Head in the Cloud’ massage targeting travel-induced tension. Caribbean-inspired body treatments incorporate mineral salts and tropical ingredients; a ‘Golfers’ Tonic’ utilises specific techniques to relax overworked muscles; while the four-handed massage delivers synchronised bliss from two highly skilled practitioners. Meanwhile, the unique Thermo Auricular therapy, derived from Hopi Native American traditions, has both medicinal and spiritual properties, addressing everything from stress to sinus issues.





ESSENTIAL WELLNESS

JAMAICA INN JAMAICA

Carved into the natural coastline, Jamaica Inn's Ocean Spa harnesses the healing power of local ingredients in its foundational wellness experiences. The signature saltwater sea bath – a rock-hewn pool overlooking the Caribbean Sea – sets the tone for alfresco spa treatments and stress-reducing programmes that celebrate the island's native bounty. Weekly 'Farm to Skin' foraging tours through the resort's herb gardens allow guests to craft their own tropical scrubs, while VOYA organic therapies incorporate mineral-rich seaweed and indigenous ingredients like lemongrass, coconut and Blue Mountain Coffee. From morning yoga flows to peppermint sea twists and detoxifying mud wraps, every offering will connect you to Jamaica's restorative essence, all enhanced by the rhythmic soundtrack of the waves.



THE LANDINGS RESORT & SPA ST LUCIA

A haven of serenity set against St Lucia's shimmering shores, this enclave of holistic rejuvenation seamlessly blends expert touch with island botanicals. Sunrise yoga and guided beachfront meditations unfold in harmony with the hypnotic pulse of the surf, while indulgence takes a luscious turn with the Chocolate Caribbean Whoopie Ritual – a decadent fusion of cocoa, coconut and pure relaxation. Highly bespoke women's health packages address female health and wellbeing through each life stage, including techniques from in-house physiotherapist, Dr Ferhn Henry. And a thoughtfully curated, oncology-focused menu offers tender, therapeutic care – from a soothing scalp treatment to the deeply hydrating Restore and Replenish Body Therapy – bringing comfort, renewal and a sense of sanctuary to those undergoing cancer care.

MEDITERRANEAN MOMENTS

Beyond the expected lies Europe's most distinguished coastal havens – a carefully curated collection of three distinct experiences across the Mediterranean's most coveted shores.

This is the Mediterranean at its most sublime – where design meets tradition, family luxury embraces elegance and private properties promise peak seclusion.

DESIGNER DIGS Where smart luxury mingles with coastal charm, 7Pines Resort Ibiza sets the tone for modern escapism; Royal River Luxury Hotel in Tenerife redefines Atlantic elegance; while Jumeirah Mallorca brings Arabian refinement to Balearic shores.

FAMILY FLAIR Ikos Dassia elevates all-inclusive to an art form. Daios Cove cascades down Cretan cliffs towards crystal waters. 7Pines Resort Sardinia proves family retreats need not compromise on style. And Mykonos Grand offers Cycladic sophistication in a fabulously family friendly setting.

A PRIVATE RETREAT For those seeking the ultimate in discretion and intimate luxury, Elounda Gulf Villas presents an exclusive collection of private pool sanctuaries, with bespoke experiences for guests in search of their own slice of Cretan paradise.





DESIGNER DIGS

7PINES RESORT

IBIZA

Sunset-chasers, design aficionados and serenity-seekers will find their sanctuary at this modernist hideaway sculpted into Ibiza's dramatic cliffs. Adults-only spaces and infinity pools create pockets of calm, while thoughtful design elements blend Ibizan craftsmanship with smart touches: sleek suites and villas featuring clean lines and natural textures and expansive terraces that frame showstopping panoramic Mediterranean views. Dining is equally compelling, from Japanese-inspired creations at Pershing Yacht Terrace to clifftop fine-dining at The View and sublime sunset tapas at Cone Club – each capturing the island's unique essence.





ROYAL RIVER TENERIFE

A bold boutique masterpiece where architectural audacity meets contemporary Canarian charm, this haven of exclusivity is redefining Tenerife's luxury landscape. The 50 private one- to four-bedroom Grand Pool, River, Pool or Lagoon Villas – connected to a river or set on an African-inspired lake – are each an editorial-worthy canvas of understated elegance. Waterways weave through lush gardens leading to avant-garde dining (Royal River's a foodie mecca) and a top-tier spa; while its prestigious golf enclave setting and adults-and-teens-only policy make it ideal for those seeking privacy, bespoke service and the island's most intimate hospitality experience.

DESIGNER DIGS





JUMEIRAH MALLORCA

MALLORCA

Crowning Port de Sóller's dramatic cliffs, this exclusive escape – where Arabian elegance meets Mediterranean design excellence – is artfully balanced between mesmerising seascapes and the UNESCO-listed Tramuntana Mountains. Refined spaces flow naturally into the landscape, where clean lines and local stone create an atmosphere of cultural fusion.

The epitome of coastal sophistication, elegant touches grace all 121 rooms and suites. The serene Talise Spa, with its mountain-view treatment rooms and traditional hammam, exemplifies the resort's architectural vision, while culinary wizardry unfolds across Cap Roig's fresh seafood, Es Fanals' Spanish signatures, and the Sunset Lounge's stunning 180-degree views.

FAMILY FLAIR

DAIOS COVE CRETE

This multigenerational haven transforms Mediterranean getaways into unforgettable family flings. Spacious rooms, suites and stunning cliff-top villas – some interconnecting; others with private pools – provide space for togetherness and independence in-between adventures. Children flourish at the world-class kids' club, teens claim independence at their own hideout and games room, and there's a dedicated baby concierge. Six à la carte restaurants cater to all ages, there's a plethora of parental pursuits, while pools with a dedicated kids' zone, beach activities and shared experiences – from classes at the Culinary School to watersports and tennis matches – encourage precious together time.



IKOS DASSIA CORFU

Dreams come true for parents seeking a stress-free break with premium touches and no constant need for planning at this dazzling, all-inclusive beachfront haven. Stylish accommodation runs the gamut from generous family suites to exclusive Deluxe Collection retreats; age-specific clubs and activities are included for kids of all ages; and seven family friendly à la carte restaurants include menus created by Michelin-starred chefs. Bonds are strengthened through an array of land and watersports, cooking classes and shared pool activities, while an innovative Dine Out programme, free museum tickets and Local Drive Adventure invite all sorts of cultural exploration.

FAMILY FLAIR

7 PINES RESORT SARDINIA

Sophisticated families who don't want to compromise on style are sure to find their perfect match at this chic retreat, where 75 design-led rooms and suites blend seamlessly into 37 acres of lush gardens, pristine coastline and centuries-old rock formations. The Kio House kids' club (ages 4-14) takes an eco-friendly approach to entertainment, teaching engaging activities like upcycling and gardening, while parents unwind at the Pure Seven Spa or by the terraced pool. Family moments flourish across three distinct dining venues, while tennis, padel and basketball courts, plus four secluded coves, inspire active family quests between quiet moments in the sun.



MYKONOS GRAND MYKONOS

Beyond the island's party scene, this Greek family paradise serves authentic experiences with a side of spectacular sea views. From premium rooms to pool suites, there's ample space for quality time together; and the Dolphins of Delos and Aqua e Sole restaurants embrace multigenerational dining. Little ones uncover local culture through Greek language lessons; nirvana for parents comes courtesy of the Althea Spa and seawater pools; and shared cooking classes and cultural activities keep everyone connected. And, with a dedicated kids' pool, organised beach activities and engaging excursions, each generation finds its own rhythm creating magical Mediterranean memories.

A PRIVATE RETREAT



A man and a woman are seen from behind, relaxing in an infinity pool. The pool's edge is perfectly aligned with the horizon of the deep blue sea. In the distance, a range of mountains stretches across the horizon under a clear sky. The foreground shows the curved edge of the pool deck with a wooden circular feature. Palm fronds are visible in the top left corner.

ELOUNDA GULF VILLAS

CRETE

This discreet hilltop escape of just 18 villas commands a privileged position overlooking the crystalline waters of Mirabello Bay. The intimate, über-exclusive hideaways have been designed for elevated living inside and out, with tasteful contemporary interiors, breathtaking sea views and personal heated pools – a refreshing oasis of toes-in-the-water bliss. The resort's own beach club (20 minutes away by private shuttle) provides a haven of enhanced seaside seduction, while farm-to-table dining at Argo crafts seductive Mediterranean moments. From in-villa spa treatments and alfresco barbecues to helicopter transfers and curated sailing adventures around Spinalonga, every experience is tailored to discerning guests in search of their own slice of Cretan paradise.

BOLD ADVENTURES

Where iconic landscapes meet impeccable service, our collection of bold adventures redefines exploration. From Thailand's temple-strewn kingdoms to Tanzania's unrivalled natural spectacles, each odyssey balances discovery with refinement.

Trek through Costa Rica's emerald canopies, marvel at Chile's Torres del Paine, witness South Africa's untamed wilderness, and explore Australia's ancient outback. Journey through the American Southwest's red-rock canyons – all while enjoying world-class lodges and expert guides. Because modern adventure isn't about sacrifice; it's about experiencing Earth's most remarkable corners without compromising on comfort.

Each destination has been carefully selected to offer both natural grandeur and sophisticated sanctuary. Welcome to a new era of adventure, where luxury enhances, rather than inhibits, exploration.







THAILAND

Begin your Thai exploration in Bangkok's dazzling metropolis: a fusion of ancient temples and state-of-the-art skylines. Venture north to Chiang Rai's lush hills and elephant encounters, then immerse yourself in Chiang Mai's cultural heartland before unwinding on Phuket's idyllic beaches and amidst its vibrant island scenes.

HIGHLIGHTS



Wander the magnificent halls of the Grand Palace in Bangkok, an ex-royal abode established in 1782. Zip across the city by tuk-tuk to marvel at the immense reclining Buddha at Wat Pho, then cap off your day with sunset cocktails at one of the city's rooftop bars.



Dive into Chiang Rai's captivating cultural tapestry by visiting its most iconic sites. With a private guide, witness the White Temple (Wat Rong Khun), a breathtaking masterpiece crafted by esteemed Thai painter and architect, Chalermchai Kositpipat.



Traverse the enchanting Mae Rim Valley near Chiang Mai with an expert local guide, immersing yourself in ancient Buddhist temples and the vibrant pulse of traditional markets.



Greet the day with a four-hour dawn trek through Khao Phra Thaeo National Park, revealing Phuket's lush landscapes and intricate world of native plants and wildlife.

BANGKOK – 3 NIGHTS

Chaotic, unrestrained, crazy, contradictory, famous and infamous, Bangkok has a huge reputation and happily plays on it. Fascinating glimpses of culture and aeons of tradition sit amidst ritzy shopping malls and the incessant demands of a mega-city, while historical landmarks – like the Grand Palace and the Emerald Buddha – shine amongst five-star hotels and buzzy markets.

CHIANG RAI – 3 NIGHTS

Established in 1262 within the Lanna Kingdom (now part of Northern Thailand), Chiang Rai served as the inaugural capital of King Meng Rai's domain. Presently, it stands as an ideal retreat for travellers wishing to decelerate, immerse themselves in nature and experience the allure of Thailand's more intimate, yet occasionally just as bustling, northern city.

CHIANG MAI – 3 NIGHTS

Chiang Mai. Translating to 'new city', this bustling metropolis – which mixes traditional wooden houses with boutique hotels, stylish restaurants and sleek bars – is actually over 700 years old. There's plenty to do, from shopping in the night market to numerous cookery schools; and it's the perfect base for white-water rafting, rock-climbing or treks to remote mountain villages.

PHUKET – 5 NIGHTS

South of Bangkok, Thailand's largest, most famous isle is as colourful as it is cosmopolitan. With lush inland vistas, it's beautiful throughout, but it really comes alive on the western shores, where rocky headlands and white-sand beaches, washed by the Andaman Sea, mix harmoniously with decadent resorts, excellent eateries and similarly good shopping and museums.

AMERICAN SOUTHWEST

Embark on a breathtaking expedition through America's Southwest, starting with Zion National Park's towering sandstone cliffs. Marvel at Bryce Canyon's otherworldly hoodoos. Find solace in the serene luxury of Canyon Point. Then witness Monument Valley's iconic buttes, before ending your quest at the awe-inspiring Grand Canyon.

HIGHLIGHTS



Acknowledged as one of the world's first DarkSky resorts, Zion provides an unmatched stargazing experience. Sleep under a blanket of stars in the Stargazer Tent, enjoy star-themed dining, parties and more. Close by, Under Canvas Zion is the perfect setting for more celestial adventures.



Venture beyond the Grand Canyon's geological wonders, navigating the Colorado River's hidden realm of cascading waterfalls and otherworldly rock formations – choose between heart-pounding white-water rafting or a more serene float trip.



Delve into authentic Navajo heritage at Monument Valley's historic Goulding's Trading Post, guided by local experts who unlock the region's deepest stories.



Embrace the Navajo perspective of dawn – the most sacred moment when human connection to Earth reaches its peak – through an ethereal hot-air balloon ascent.

ZION NATIONAL PARK – 2 NIGHTS

We couldn't put it any better than Utah's own website... "Zion National Park is like the set of a movie that's so grand you know it's fake, but you don't care because it's delicious to look at; the kind of movie where the art director was given carte blanche and didn't worry about believability." Must sees are Kolob Canyons, Kolob Terrace, Main Canyon and the East side.

BRYCE CANYON – 2 NIGHTS

Take your time driving from Zion to Bryce as the scenery and geological wonders along the way are spectacular – with lots of viewing areas to stop at and take in the sandstone spires, hanging gardens, canyons and rivers. Lose yourself in nature's fantastical artistry, with the world's largest collection of towering hoodoos, the epic Amphitheatre and Thor's Hammer.

CANYON POINT – 3 NIGHTS

Ultra-luxe Amangiri easily stands toe-to-toe with the hypnotic, oversized landscape it sits in; and, at the heart of the Grand Circle, the same goes for its activities. Early morning hot-air balloon flights, launching directly from the resort, are unmissable – taking in views over Lake Powell, Navajo Mountain, the Vermillion Cliffs and the Grand Staircase-Escalante National Monument.

MONUMENT VALLEY/GRAND CANYON – 4 NIGHTS

Monument Valley and the Grand Canyon offer the US' most iconic desert vistas: Monument Valley's red rock spires and buttes star in countless films, and local Navajo guides share their rich cultural heritage. The Grand Canyon's psychedelic walls meanwhile plunge dramatically to a silent river below, enticing millions with everything from train tours to helicopter trips.





COSTA RICA

Diverse wonders abound, from bustling capital San José, with its urban energy and cultural gems; and the laid-back Caribbean Coast, home to top-tier beaches and vibrant customs; majestic Arenal Volcano, its conical peak surrounded by invigorating hot springs; and the North Pacific Coast, famed for its charming surf towns and epic sunsets.

HIGHLIGHTS



Arenal: While observing sloths – an emblematic symbol of Costa Rica – in their natural habitat poses quite a challenge, the Arenal region provides an exceptional chance to watch these amiable animals and their charming smiles at close quarters.



Caribbean Coast: Take an exhilarating 130-metre cable descent to a private dining nest, perched high in Pacuare Lodge's sacred Ceiba trees, for an unforgettable rainforest feast.



North Pacific Coast. Conquer one of the world's most exotic rivers on an adrenaline-charged journey. Tackle class-III and -IV rapids, weave beneath thundering cascades, navigate rugged canyons, and surge through verdant rainforests en route to Siquirres.



North Pacific Coast. Head out on a heart-pounding, off-roading UTV trip, including a short nature walk, astounding and exclusive ocean views and the secluded Playa Zapotillal.

SAN JOSÉ – 1 NIGHT

San José's cultural heart lies in its compact downtown area, making it easy to explore in one day. Centred around Avenida Central's vibrant pedestrian Plaza de la Cultura, it's home to the Museum of Pre-Columbian Gold and bordered by Costa Rica's architectural jewel, the National Theatre – a magnificent 1897 neoclassical building inspired by the Paris Opera House.

CARIBBEAN COAST – 2 NIGHTS

Often overlooked, the Caribbean Coast is a hidden gem of warm waters, spicy cuisine and Afro-Caribbean culture set amidst untouched rainforests. In the Talamanca Mountains, elusive pumas and ocelots roam, while Tortuguero National Park – accessible only by boat or plane – is a remote paradise where sea turtles nest and unique birdlife and wildlife flourish.

ARENAL VOLCANO NATIONAL PARK – 2 NIGHTS

This national park has everything! Hikes to and around Costa Rica's most active volcano, zip-lining across verdant forests, natural history tours on hanging bridges and horseback riding to stunning waterfalls teeming with butterflies, flowers and diverse birdsong, like that of the toucan. It's also famed for its hot springs, ideal for a luxurious soak following an adventure-filled day.

NORTH PACIFIC COAST – 3 NIGHTS

Sunny days, exotic geographical features and fantastic surfing meet vibrant culture on the North Pacific Coast. Breathtaking beaches and tropical dry forests host endless recreation, while Peninsula Papagayo is the quintessential coastal sanctuary, blending upscale resorts with raw natural beauty across 1400 acres of bluffs, forests and secluded shores.

SOUTH AFRICA

Embrace the coastal splendour of Cape Town, from Table Mountain's panoramic views, the beaches and bars of Camps Bay and Clifton and the fashionable V&A Waterfront. Then, venture on to the vast Kruger National Park for an unparalleled African safari, spotting the Big Five and other iconic wildlife in their natural habitat.

HIGHLIGHTS



Robben Island is (in)famous as the place where Nelson Mandela spent most of his time in prison and it remains a big attraction to this day; its fascinating and profoundly moving talks and tours from former political prisoners providing real insight.



A walking safari reveals the minute details that a game drive might overlook: a more intimate experience with tracking and identifying various animal prints; there's even a 'little five' to spot: the rhino beetle, ant lion, buffalo weaver, leopard tortoise and elephant shrew.



Go all out and spoil yourself with a helicopter trip to The Winelands for the day. Or visit the colony of African Penguins at Boulders Beach – they sure know how to pull a crowd!



Having a private safari vehicle and guide means you get a more distinctive, bespoke adventure with boundless time at each sighting – ideal for keen photographers or birdwatchers.

CAPE TOWN – 3 NIGHTS

It has to be one of the world's most beautiful cities. Sandwiched between iconic Table Mountain and the Atlantic Ocean, this enclave of European elegance combines a whole lot of history with a real sense of fun. The lively centre, around Long and Kloof Streets, is easily explored on foot to really take in the ambience as well as the colourful African crafts, eclectic restaurants, fascinating museums and top-notch hotels.

'Spectacular' aptly describes the tranquil Cape Winelands, situated just an hour from Cape Town. Verdant, fertile valleys are set against stark mountains, majestic estates marked by stunning Cape Dutch architecture and historic towns like Stellenbosch, Franschhoek and Paarl, established by French and Dutch pioneers; while the region's wines and gastronomy – crafted with real fervour and skill – rank among the globe's finest.

KRUGER NATIONAL PARK – 4 NIGHTS

Providing some of the best wildlife viewing in South Africa, Kruger is the country's largest game reserve. It's just a tad smaller than Wales, with nearly five million acres of land that stretches for 218 miles (almost 8000 square miles) from north to south along the Mozambique border, encompassing a diverse array of ecosystems from savannah to mountain bushveld. The result? An almost indescribable wildlife experience.

In terms of wildlife, Kruger is one of the world's greatest national parks. The variety, density and sheer numbers of animals are almost unparalleled and all of Africa's iconic safari species – including the Big Five of lion, leopard, elephant, rhino and buffalo – live out their dramatic days here, along with a supporting cast of 137 other mammals and over 500 varieties of bird. The only way you can experience its magnificence is to come and experience it all for yourself!





CHILE

Discover Santiago's vibrancy, then Valparaíso's colourful boho charm. Indulge in world-class wines amidst the Chilean Wine Region's picturesque vineyards and end your adventure amongst the Atacama Desert's otherworldly landscapes – where geysers, salt flats and starry skies await.

HIGHLIGHTS



Santiago's main square gives you a peek into the country's history through landmark buildings like the Municipality, Cathedral and National History Museum. Explore the historic streets or soak up a more up-to-date take on Chilean life on bustling Ahumada Boulevard.



Marvel at the abundance of tall birds that make their homes in Atacama's Los Flamencos National Reserve and forage in its 'watery eyes', like the Chaxa Lagoon. Listen closely to hear the subtle distinctions among Andean, Chilean and James' flamingos.



Colourful, cultural and captivating, Valparaíso is a real Chilean gem. Take the historic El Peral funicular for a unique blend of nostalgia and enchanting scenery that unfolds before you.



Enjoy a hike through VIK Park in the Chilean Wine Region, appreciating the indigenous flora and fauna, before indulging in a glass of La Piu Belle red and La Piu Belle rosé.

SANTIAGO – 2 NIGHTS

No longer a mere layover spot, Santiago is a now vibrant destination in its own right. To fully experience this dynamic and cosmopolitan capital, embark on a half- or full-day tour with a knowledgeable guide who'll help you discover unique art galleries, fashionable designer stores and traditional handicraft markets, as well as a wide array of restaurants, bars, cafés and the energetic Latino nightlife in the trendy Bellavista neighbourhood.

VALPARAÍSO – 1 NIGHT

Bustling and bohemian, Valparaíso, a World Heritage City, has long been a source of inspiration for poets and writers with its labyrinthine hills, eclectic architecture and the unique charm of its port's maritime heritage. Every corner promises a new discovery: an architectural gem, an exceptional art gallery, a delightful culinary surprise, or a lively carnival.

CHILEAN WINE REGION – 2 NIGHTS

With fertile valleys cradled by mountains and ocean, hot summers, refreshing coastal breezes and moderate rainfall, the Central Valley has an ideal environment for producing some of the world's finest wines. Seek out underground cellars and historic vineyard estates to sample the Casablanca Valley's Chardonnay and Sauvignon Blanc varieties or the Maule, Maipo and Colchagua Valleys' robust Cabernet Sauvignon.

ATACAMA DESERT – 4 NIGHTS

Being remote, even for a few days, is an astonishing experience, yet it pales in comparison to what Atacama offers. Its adventures are most inspiring, from horse-riding in the Salt Mountain Range's Moon Valley, trekking to geysers, cycling through canyons, climbing volcanoes and observing Laguna Chaxa's pink flamingos to gazing at Earth's clearest night skies.

AUSTRALIA

Begin an enchanting Australian adventure, commencing in lively Sydney. Discover the Blue Mountains, renowned for their verdant forests and magnificent rock formations. Experience the timeless Daintree Rainforest, a UNESCO World Heritage site, then unwind on lavish Lizard Island Resort's immaculate beaches.

HIGHLIGHTS



Create lasting memories with a private seaplane trip to one of Sydney's most exclusive waterfront eateries. Savour champagne as you arrive and indulge in a five-course tasting lunch with the Sydney Harbour Bridge's magnificent view as your backdrop.



Embarking on an abseiling adventure offers a thrilling way to witness the Blue Mountains' awe-inspiring vistas. Start with a modest five-metre descent, then gradually advance to an exhilarating 30-metre overhang descent that's sure to get the adrenaline flowing.



Dive into a rainforest expedition, cruising along the Daintree River seeking all manner of wildlife including the resident estuarine crocodiles, snakes, frogs, birds and more.



Navigate the reefs of Anchor and Watson Bays and the famous Clam Gardens on a guided, adrenalin-charged sea dart snorkelling tour, gliding through the water like a fish (or oof)!

SYDNEY – 3 NIGHTS

Sydney is exceptionally attractive, with a stylish, cosmopolitan charm, iconic modern architecture, extensive beaches, superb restaurants, amiable locals and the famous harbour. Enjoy two full days in this remarkable city with a half-day private tour and lunch one day, then a private exploration of the Sydney Opera House, capped off with dinner and a performance the next.

BLUE MOUNTAINS – 2 NIGHTS

The Blue Mountains are a treasure trove of activities. Trek through verdant forests, uncover secluded waterfalls and gaze upon the majestic Three Sisters rock formation. Experience the exhilarating Scenic Railway for sweeping vistas, delve into the Jenolan Caves, or savour a tranquil picnic surrounded by breathtaking landscapes.

DAINTREE FOREST – 2 NIGHTS

It's been spring more than 135 million times in World Heritage-listed Daintree, two hours north of Cairns. But the repetition certainly hasn't dulled nature's creativity. As well as the world's oldest tropical rainforest, it's home to Earth's largest range of animals and plants, best experienced in spring, when temperatures are pleasant and the wet season storms have yet to start.

LIZARD ISLAND – 4 NIGHTS

Set on the spectacular Great Barrier Reef, fringed with coral reefs and encompassing 24 powdery-white beaches, Lizard Island is an idyllic retreat of 40 spaciouly elegant ocean or beach view villas, with sensational diving, snorkelling, gourmet beach picnics, sailing, indulgent spa treatments and 'cuisine moderne' at Osprey's Restaurant.





Venture into Ngorongoro Crater's unrivalled amphitheatre of wildlife from the gateway to the safari realm, Arusha. Immerse yourself in the Grumeti Game Reserve's isolated splendour, bearing witness to the Great Migration's grand spectacle. Then end your odyssey on Zanzibar's exotic shores, savouring its spice-laden essence and coastal serenity.

HIGHLIGHTS



See how coffee is grown, harvested, dried and produced into the aromatic coffee that we drink every day on a tour of an Arushan coffee plantation; then savour a freshly ground brew on the shaded terrace at Kahawa – Swahili for 'coffee' – the Tradewalk's on-site coffee shop.



Set right on the edge of the crater, &Beyond Ngorongoro Crater Lodge allows guests early crater access just after dawn so you've a really good chance of being first in line and ready to witness some of Africa's most remarkable abundance of wildlife.



With twice-daily game drives into the untouched heart of the wilderness, Singita offers intimate encounters with Grumeti's spectacular wildlife in its natural surrounds.



Fulfil your castaway dreams by discovering Zanzibar's deserted islands of Pungwe and Kwale. Swim or snorkel in the clear waters, admiring the vivid marine life and coral reefs.

ARUSHA – 1 NIGHT

Arusha prides itself on its exceptional museums, cultural heritage projects and array of crafts and extensive curio markets, so there's a rich tapestry of experiences to explore before setting off on safari. Maasai women sell beadwork on sidewalks, men in iconic red shuka roam the streets alongside traders offering batiks, while the architecture and infrastructure mirror the city's spirit.

NGORONGORO CRATER – 2 NIGHTS

Between the Serengeti and Great Rift Valley, Ngorongoro National Park shelters diverse wildlife and semi-nomadic Maasai people. Its main caldera supports remarkable biodiversity; Olmoti's waterfalls and Empakai's deep lake add to its wonders; and the historic Olduvai Gorge caps off this protected sanctuary.

GRUMETI GAME RESERVE – 3 NIGHTS

In the remote western Serengeti National Park, Grumeti remains one of its most closely guarded secrets. Limiting visitor numbers to around 60 at select camps and renowned for its substantial lion prides of between 20-60 members, the probability of observing lions in Grumeti is exceptional, so you can enjoy a more unique opportunity to track these regal creatures in peace.

ZANZIBAR – 5 NIGHTS

The Spice Island of Zanzibar, a semi-autonomous part of Tanzania, enchants with sparkling white-sand beaches and swaying palms. Its historic Stone Town, a World Heritage Site, anchors the cultural experience, while surrounding waters invite swimming and snorkelling among coral gardens while dolphins frolic offshore.

MEXICO'S FINEST

WORDS | TARA LLOYD – EDEN TRAVEL DIRECTOR

“Arriving at the gated resort and residential community of Mayakoba feels like uncovering a hidden world, where four world-class properties are thoughtfully threaded by a one-of-a-kind lagoon through myriad waterways, nature trails and emerald mangrove forests – all set behind a mile of pristine coastline on Mexico’s Riviera Maya. But what makes this destination truly special is how each of them has managed to carve out its own unique identity while sharing Mayakoba’s top-tier amenities, including boutique shopping, outstanding dining and entertainment, a cooking school and a near-endless menu of thrilling local discoveries.

First stop: **Rosewood Mayakoba**, where the arrival experience – gliding by electric boat through crystal-clear lagoons – sets a timeless tone for what’s to come. The 129 suites are a masterclass in indoor-outdoor living, with private plunge pools, expansive terraces and many, their own lagoon-side docks. Its SENSE Spa is a destination all of its own, complete with eight overnight Wellness Suites and a sensory garden. Four refreshing pools and two adults-only and family friendly beach clubs mean there’s space for all; while diverse regional flavours – from the Pacific Coast and Baja California to the vibrant streets of Mexico City and beyond – are all expertly interpreted into innovative cuisine and award-winning cocktails at seven restaurants and bars.

At **Fairmont Mayakoba** – the largest of the four resorts here – I discovered what might just be Riviera Maya’s most impressive new beach club. Maykana is a masterpiece of design, with five unique dining experiences and spectacular social spaces. Accommodation comes in all shapes and sizes, and a choice of meal plans covers all guests’ needs. Complimentary activities include an array of watersports, fitness and wellbeing programmes, spa treatments and all sorts of brilliant kids’ amenities, including two kids’ clubs. But it was daybreak that was the most magical time for me personally – strolling

through the mangroves to watch the sunrise over the beach, taking a swim in the infinity pool with no-one else around, then breakfast at Brisas... Bliss!

Banyan Tree’s magical **Mayakoba** outpost, set on a white-sand beach in the heart of the mangroves, has a deep respect for nature, cultural heritage and commitment to sustainability. The all-villa concept means everyone gets a pool (and lots of privacy), but it was the spa – its treatment rooms facing the peaceful waterways and Thai techniques blended with Mexican healing traditions – that really stole my heart. Spotting birds, coati, crocs and monkeys on the eco-tour by boat was another standout moment. And, from check-in to check-out, service was superb.

Pulling up to **Belmond Maroma** feels much like stumbling upon a secret beach house, albeit one with impeccable service and thoughtful details. With just 70 rooms and suites and two villas set in delightful gardens, it effortlessly balances intimacy with superlative amenities including four restaurants serving zingingly fresh, mouthwatering fare; and pioneering Mayan-infused wellness at the Maroma Spa by Guerlain. I loved the morning coffee ritual on my terrace, each day featuring different local beans. Watching coatis scamper past as I savoured my brew before a barefoot walk on the powdery beach was a sublime moment of tropical tranquillity.

Trading coastal luxury for colonial charm, San Miguel de Allende’s **Belmond Casa de Sierra Nevada** shows a completely different side of Mexico. Spread across six historic mansions in the heart of this very walkable city, each room tells its own story through antique furnishings and local artwork. My highlights? Sipping on Tunki rooftop bar’s signature spritzes as the sun set behind the church’s Gothic spires; ambling along the vibrant streets, parks and markets; and diving into the culinary traditions at the Sazón cooking school – ideal for connecting with the country’s rich heritage.”



YOUR JOURNEY AWAITS

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